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Magical Kiwi Berries

If you haven't yet tried kiwi berries, you're missing out on one of the tastiest and most nutritious fruit snacks in the store. The farm in our area that is well-known for growing these tasty treats is Burnt Ridge Nursery. Here are some of the highlights of these little gems:

- No need to peel—just pop in your mouth like a grape! They are sweet and juicy and taste like their fuzzy counterparts but without the fuzz.
- Kiwi berries are very low in Saturated Fat, Cholesterol and Sodium. They are a good source of Dietary Fiber, Vitamin E Potassium and Copper, and a very good source of Vitamin C and Vitamin K.
- Kiwi berries may be round or barrel shaped, will be soft when ripe and may even have a few wrinkles when they are sweetest. ■



Pomegranate seeds are a great addition to fall dishes. They are high in antioxidants, and also contain a healthy dose of Vitamin C. Their unique tart and sweet flavor make them an especially nice addition to fall salads. I have seen a few recipes that call for pomegranate

seeds which include notes that say something along the lines of "you can find pomegranate seeds at Trader Joe's/ Whole Foods, etc." I'm here to tell you that you do not need to buy packaged pomegranate seeds! Pomegranate seeds come in their own natural package (the pomegranate!), and they are easy to get out if you know how. The trick? A bowl of water and a colander or strainer. You cut the pomegranate open and then submerge it in the bowl of water and massage to gently release the seeds. The seeds sink to the bottom and the white pith floats to the top. There are lots of videos demonstrating this; just go to YouTube and search for "removing pomegranate seeds in water" if you'd like to see a demonstration. I don't have a strainer, so I just skim the white pith off the surface of the water with my fingers and then dump the water and seeds in a colander to drain. This only takes a few seconds, and you get to enjoy delicious pomegranate seeds with no mess. ■





Sweet Potato & Potato Smashes

Essentially, you bake and smash a sweet potato or Russet potato and then layer it with toppings. I love this idea as we move into fall and are looking for easy, fast, warming, weeknight meals or lunches. In her book *A Modern Way To Cook*, Anna Jones gives five suggestions for each type of potato, which are listed below. This time of year, a lemony shredded kale salad, some steamed broccoli, or pan-fried Brussels sprouts would all make nice accompaniments.

-Erin, OFC Produce Manager

Sweet Potato:

First, wash and dry 2 sweet potatoes, and prick them with a fork. Roast them at 425°F for 30–45 minutes, or until soft throughout.

- Purée 2 tomatoes, 1 chili, and a bunch of cilantro. Heat black beans, 1 clove of garlic, chili powder, and a pinch of cinnamon. Top with beans, chili sauce, and mashed avocado.
- Sauté a couple handfuls of spinach. Chop sundried tomatoes. Slice avocados. Top with hummus, spinach, tomatoes, avocados, and lemon juice.
- Warm 1 can of lima (or white) beans, a pinch of smoked paprika, leaves from a few springs of thyme, and lemon zest. Chop parsley. Top with warm beans, chopped parsley, grated Manchego (or parmesan).
- Pan fry a can of drained chickpeas in a little oil, with a teaspoon of cumin until crisp. Add chopped roasted peppers, cherry tomatoes, parsley, basil, and lemon zest. Pile onto potatoes and crumble feta over the top.
- Halve potatoes and scoop out flesh. Mix with a handful of grated cheddar, sautéed leeks, chopped chives, shredded greens. Pile back into skins. Top with a little more cheese. Grill until melted. Serve with yogurt mixed with lemon juice and chives.

Russet Potato:

First, wash and dry 2 potatoes, and prick them with a fork, rub with oil and salt. Bake them at 425°F for 1 hour, or until soft throughout.

- Chop six tiny pickles (cornichons), ½ bunch of parsley, 2 tbsp capers, and zest of 1 lemon. Mix with 1 tbsp crème fraîche or Greek yogurt, and salt & pepper. Mash into potatoes. Top with arugula.
- Warm 1 can of white beans. Add leaves from a sprig of thyme, pinch of dried red chili flakes, salt. Top with beans, grated cheddar, hot sauce.
- Chop finely ½ a cabbage, ½ a bunch of parsley, and 1 apple. Grate 1 carrot. Chop 1 red onion, scrunch with juice of ½ lemon and salt. Mix 1 tbsp yogurt with juice of ½ lemon. Pile onto potatoes.
- Cook 1 leek until soft, add greens and wilt. Add leaves from 2 springs of thyme. Stir in 1 tbsp whole grain mustard and 2 tbsp grated cheddar. Top with leeks and cheese.
- Cook 1 tbsp mustard seeds with a little pinch of curry powder until the seeds pop. Add a handful of spinach and chopped green onions. Cook for 5 minutes. Add zest of a lemon. Top potatoes with mixture. ■



Nutritional Benefits of Potatoes & Sweet Potatoes

Sweet potatoes (also called “yams” in the United States) are an excellent source of vitamin A (in the form of beta-carotene), and a very good source of vitamin C. In addition, sweet potatoes are a good source of dietary fiber and potassium. Research suggests that our bodies do a better job of absorbing beta-carotene when we add a little fat to vegetables containing this nutrient. Russet potatoes, while not full of the beta-carotene that sweet potatoes are loaded with, are still a good source of vitamin C, potassium, and dietary fiber, and are also very high in vitamin B6, which has been studied for its cardiovascular and nervous system benefits. Sweet potatoes and potatoes can be steamed, baked, roasted, or fried, and as long as you are buying organic produce, you do not need to peel them (information from whfoods.org). Also, the vegetables that we call “yams” in the United States, are varieties of sweet potatoes! True yams are members of the lily family, while sweet potatoes (including the ones erroneously called “yams” in the U.S.) are members of the morning glory family. ■